



SEPTEMBER | 2018

Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</p>				
<p>3 AGEWELL CLOSED</p>	<p>4 Macaroni & Cheese Side Salad Asparagus Beets Fruit Crisp 7</p>	<p>5 Chicken Bowtie Pasta Carrot Raisin Salad Mixed Fruit Sweet Bread 6</p>	<p>6 Meatloaf & Gravy Mashed Potatoes Peas Normandy Veggies Peaches Sweet Bread 5</p>	<p>7 Oven Fried Chicken Red Skin Potatoes Sautéed Cabbage Applesauce Corn Muffin & Margarine 7</p>
<p>10 Citrus Salmon Brown Rice Green Beans Beets Mandarin Oranges Wheat Roll/Margarine 6</p>	<p>11 Salisbury Steak & Gravy Mashed Potatoes Peas Fruit Cocktail Fruit Cobbler 8</p>	<p>12 Polish Sausage on a Bun Sauerkraut Asparagus Applesauce 4</p>	<p>13 Hamburger on a Bun Red Skin Potatoes Broccoli Pears 6</p>	<p>14 Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit 7</p>
<p>17 BBQ Chicken Wings Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5</p>	<p>18 Pork Chop & Gravy Mashed Potato Peas Peaches Wheat Bread & Margarine 5</p>	<p>19 Bourbon Chicken White Rice Squash Carrot Raisin Salad Fruit Crisp 8</p>	<p>20 Sweet and Sour Meatballs White Rice Wax Beans Spinach, Ambrosia Roll & Margarine 7</p>	<p>21 Hotdog W/Bun Peas Cauliflower Fresh Fruit Fig Newton 6</p>
<p>24 Chicken Salad Croissant Coleslaw Mandarin Oranges 6</p>	<p>25 Quiche Red Skin Potatoes Succotash Apricots 6</p>	<p>26 Cabbage Rolls Au Gratin Potatoes Peas & Carrots Applesauce 6</p>	<p>27 Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Cake 7</p>	<p>28 Chicken Diane White Rice Asparagus Beets Fresh Fruit 5</p>

News

Includes Low Fat Milk

Meals Include 1/3 of the Recommended Daily Allowance (RDA)

Meals Subject to Change

Special Events

September 3: AgeWell CLOSED for Labor Day

September 27: Birthday Celebration



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